

Parent Education

Parenting Education

Family Advocacy Program Joint Base Langley-Eustis



Domestic Violence Victim Advocate Available
24hrs/7days a week @ 757-637-4035
Langley: 757-764-2427 Eustis: 757-878-0807

Active Parenting Of Teens

Learn methods of respectful discipline, concrete strategies to prevent risky behavior, how to be an encouraging parent, and skills for clear, honest communication.

Ft Eustis
April 1, 8, 15, & 22
0900-1100

Langley
May 6, 13, 20, & 27
1300-1500

Becoming a Love and Logic Parent

Effective parenting without the power struggles. Put the fun back into parenting.

Langley
April 1, 8, 15, & 22
1300-1500

Ft Eustis
June 3, 10, 17, & 24
0900-1100

1-2-3 Magic

Positive effective discipline for ages 2-12.

Langley
April 24, May 29, & June 26
0900-1200

Baby & Me Play group

This play group offers even the smallest babies a great way to learn new skills, while giving parents the chance to chat.

Ft. Eustis
Thursdays 1000-1100
Building 501 Madison Ave
For more information call: 757-878-3638

Play Group

Ft. Eustis
Wednesday Mornings 1000-1130
Youth Services Gym 1102 Pershing Ave.

Bundles for Babies

Wednesdays (1500-1630)
Langley Airman & Family Readiness Center
This course is facilitated every other month.
To sign up call: 757-764-3990

Prenatal Fitness

This course is facilitated monthly every 3rd Tuesday 1300-1530
To sign up call: 757-764-6321

DADS: THE BASICS

For new and expecting fathers: learn what to expect when she's expecting, how to soothe a crying baby, and where to get help when you need it.

Langley
April 10, May 8, June 12
0900-1200

The 1st Years Last Forever

Help your baby thrive & reach full potential, through bonding, communication, building self-esteem, & more.

Langley
April 23, May 28, & June 25
1100-1300

April, May & June 2015

Quarterly Trainings



For more information or to sign-up, please call.

Ft. Eustis 878-0807
Langley 764-2427

New Parent Support Program

New Parent Support Program provides support to new and expecting parents and military families with children from 0 to 3 years of age.

For More Information Call:
Langley 734-2427
or
Ft. Eustis 878-0807

Safety Education

FASES

Family Advocacy Safety Education Seminar

FASES is a seminar that describes the dynamics of domestic violence and child abuse. Information includes, who is at risk, available resources, and the tools for maintaining a healthy relationship.

Ft. Eustis

April 2, May 7, & June 4

1000-1200

Langley

April 17, May 15, & June 19

0800-1200



Upon Request:

Anger Awareness

Stress Management

Conflict Resolution

Relaxation

FAP works to prevent family violence through public awareness campaigns, leadership training, and community education and training via parenting classes, couples workshops, marriage enrichment, and anger management classes.

For information on classes, unit trainings, and other resources for individuals, couples, parents and families, please call.

Ft. Eustis 878-0807

Langley 764-2427

Self Enrichment

Anger Management

Anger is a normal healthy emotion, but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships. Are you ready to get your anger under control?



Langley

Mondays 1430-1630

New 4 week series begin 1st Monday of each month

Ft. Eustis

Tuesdays 1300-1430

New 8 week series begin April 14th and June 16th

Life Hacks

1 topic each month, alternating between Stress Management and Relief, Time Management and Organizational Skills, and Communication Skills for home and work.

bring your lunch and learn

Langley

3rd Thursday of each month

April 16, May 21, & June 18

1100-1200



Relationship Enrichment

Run Your Relationship

Keeping your love strong requires ongoing communication and thoughtful consideration of your relationship. You will gain skills for communication, conflict resolution, forgiveness, rebuilding trust, and identifying & satisfying personal needs.

Ft. Eustis

May 6, 13, 20, & 27

0900-1100

Langley

June 3, 10, 17, & 24

1300-1500

Family Advocacy Strength-based Therapy (FAST)

Available for military families who are at-risk for family violence. For example, if you are experiencing severe issues in your relationship, if you are a single parent experiencing significant stress, or if you have children, and you fear you may lose control, you are eligible for FAST.

For more information, call:

Ft. Eustis 878-0807

Langley 764-2427